

Six “R’s” of Mourning

Bereavement specialist and author, Theresa A. Rando, identifies the six “R” process of mourning.

Recognize the loss – Acknowledge and understand the death.

React to the separation – Experience the pain, feel the loss.

Recollect and re-experience the relationship – Review and remember realistically what existed.

Relinquish old attachments – This begins the process of moving forward establishing new relationships and a new identity.

Readjust – Develop a new relationship with the deceased. Adopt new ways of being in the world.

Reinvest – Discover a different way of living without the deceased loved one.